



# DAE HAN MARTIAL ARTS

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## Board Break Rules

### Black Belt Test for Board Breaking

- Students have a maximum of 10 tries to break a minimum of 3 boards or a brick
- Students must break all 3 boards simultaneously (i.e. if one of the three boards breaks, the broken board will be replaced with a new board)
- Students have a total of 10 attempts to the board breaking while they are switching the higher number of boards to 3 boards or the brick to 3 boards (i.e. If you started with 4 boards and attempted 5 times, then you have 5 more attempts to break 3 boards)
- Testing judges have the right to stop the student's board breaking attempts any time before the student has exhausted his or her 10 tries if it looks continuing will cause personal injury or an improper technique applied by the student
- Testing judges have the right to decrease the boards from higher number boards to 3 boards as they deem necessary
- Students are not allowed to use any kind of soft materials on the boards nor on the hand. (Garment, cloth, gloves, and etcetera are not allowed to use)
- Students who fail to pass a specific category (i.e. techniques, forms, sparring, breaking) will be required to retest in all areas again
- Sizes of boards required for each age group

Male		Female	
Age	Board Size	Age	Board Size
7 – 11 years old	1X4	7 – 12 years old	1X4
12 – 14 years old	1X6	13 – 17 years old	1X6
15 – 18 years old	1X8	18 and older	1X8
19 and older	1X10		

### Testing for 2<sup>nd</sup> Dan and higher

- Students must demonstrate the following breaks and will be evaluated on technique and creativity
  - One power break with 3 boards or more. Techniques can be used as followed; straight punch, hammer fist, palm break, axe kick, front kick, side kick, any other techniques must be approved by Master Seo
  - One or more spinning kick(s) with regular 1-inch boards or demo boards. Different board sizes will be approved based on techniques. Techniques can be used as followed; back swing kick, jumping back swing kick, tornado kick, ½ tornado kick, 540° kick, 360° kick, any other techniques must be approved by Master Seo
  - One or more jumping kick(s) with regular 1-inch boards or demo boards. Different board sizes will be approved based on techniques. Techniques can be used as followed; jumping front kick, jumping roundhouse kick, split kick, double or triple front kick, Mo Dum Bal Ab Cha Gee, any other techniques must be approved by Master Seo
  - Students should have prepared breaking techniques before the test.
  - All breaking techniques must be approved by the judges.